A Trauma Transformation Program

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What is Trauma?

• The breaking of connection

• Not the experience, but the remembering and energy of the experience that lives in the body
A Healthy Nervous System

Arousal-activation → Settle

Sympathetic

Normal Range

Parasympathetic
Symptoms of Un-Discharged Traumatic Stress

Stuck on ON

Symptoms:
- Anxiety, panic, hyperactivity,
exaggerated startle,
inability to relax, restlessness,
hyper-vigilance, digestive problems,
emotional flooding,
chronic pain, sleeplessness,
hostility/rage

Stuck on OFF

Symptoms:
- Depression, flat affect,
lethargy, deadness,
exhaustion, chronic fatigue,
disorientation,
disconnection, dissociation,
complex syndromes, pain,
low blood pressure,
poor digestion

Traumatic event!

Sympathetic

Parasympathetic

Normal Range

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The Drive Towards Balance

• Resolution requires:
  • Safety
  • Presence
  • Reconnection
  • Ceremony
  • Wisdom
Healing Complex Trauma Program

• Mind, Body, Emotional and Spiritual transformation

• Connection, Ceremony, Community, Collaboration, Co-creation

• Art, Traditional Medicines, Modern Science

• Remembering the self that has always been there
Trauma does not have to be a life sentence.  
Peter Levine

• If trauma is not transformed, it is transferred.  
Ashley Judd